

# Trout fish Farming from Trout Valley.

Additionally, trout fish are known for their high content of omega-3 fatty acids, making them a sought-after delicacy. Due to their unique characteristics and nutritional value, trout fish are considered a rare and prized fish species in the culinary world.

For a trout fish farmer, initially, one can obtain fingerlings from the government hatchery in Mt. Kenya forest. With this, you can manage five circular fish ponds, three of with a diameter of 6 meters and can hold approximately 3,000 table-sized fish each. Additionally, he/she can have two ponds with a diameter of 12 meters that can accommodate around 6,000 fish, depending on the water flow in and out of the pond. To ensure a consistent supply of fingerlings, they also hatch some of them on their farm using a milk ship hatchery method. Fingerlings are sold based on their length, with each inch priced at 15 Kenyan shillings. A table fish, weighing 250 grams, typically sells for 400 Kenyan shillings.

## Trout fish farming

Trout fish farming poses challenges, such as aerial predators like the kingfisher. This issue can be addressed by closely monitoring the farm, particularly during the hours when predators are most active. Another possible challenge one face is the lack of a reliable source of high-quality fish feed. Despite these challenges, the market demand for trout fish is significant, and it is difficult to meet the growing demand due to their preference for cold water environments found in the highlands.